

SEPTEMBER 2021

Live well. Age well.

THE SOURCE

COUNCIL on AGING

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MEALS ON WHEELS BENEFIT

Friday, October 1, 2021

5:00 pm - 10:00 pm

Church of the Open Door Community Building

4800 S. 20th Street, Leavenworth, KS



Please join us for our 15th Annual Meals on Wheels Benefit. As you know, the past eighteen months have been especially difficult for the senior population. Many have faced new issues such as isolation from their families and friends on top of other concerns such as food insecurity and financial challenges. During this time, the number of seniors in Leavenworth County qualifying for Meals on Wheels has nearly doubled, and the *Council on Aging's* staff and volunteers have worked tirelessly to ensure seamless delivery despite the rapid growth. Approximately 375 meals are delivered each day to recipients in Leavenworth, Lansing, Tonganoxie, Basehor, Linwood, Jarbalo and Easton, and unfortunately 50% of the seniors who responded to our annual survey shared their Meals on Wheels lunches are the only meals they eat in a day. Equally concerning is approximately 40% of recipients are no longer able to afford the requested \$2.00 donation per meal.

Seating will be limited, so reserve your spot when tickets go on sale on September 1st and help support your Leavenworth County neighbors. Benefit dinner tickets will be available at the *Council on Aging*, 1830 S. Broadway: \$20.00 per person and \$10.00 (age 10 and under). A limited number of tickets will also be available at the door the night of the event. This year's menu features a choice of carved turkey or beef, cheesy potatoes, green beans, dessert, coffee or tea. We will also host live and silent auctions. Wearing a mask will be highly recommended. We hope to see you there!

Our Programs

Attendant Support
Chore Assistance
Errand & Shopping Support
Information & Assistance
Legal Service
Leisure & Learning Program
Pets & Loving Seniors (PALS)
Program
Pet-2-Vet Program
Senior Health Insurance Counseling
Social Services
Support Groups
Telephone & Visiting Support
Sr. Express Transportation

For more information, call Council on Aging Assistant Director, Scarlet Ross at Phone: 913.684.0786
Email: SRoss@leavenworthcounty.gov

September is National Cholesterol Education Month



What is cholesterol?

Cholesterol is a waxy, fat-like substance that is found in every cell of your body. Your body needs it to build cells and make vitamins and other hormones. Cholesterol comes from two sources. Your liver makes all the cholesterol you need. The remainder of the cholesterol in your body comes from food. For example, meat, poultry and dairy products all contain dietary cholesterol. Plant products do not contain cholesterol.

The two types of cholesterol are: LDL cholesterol, which is harmful, and HDL, which is good. Too much LDL, or not enough HDL, increases the risk that cholesterol will slowly build up in the inner walls of the arteries that feed the heart and brain.

Why do cholesterol levels matter?

Cholesterol circulates in the blood. As the amount of cholesterol in your blood increases, so does the risk to your health. High cholesterol contributes to a higher risk of cardiovascular diseases, such as heart disease and stroke.

Myth: I would be able to feel it if I had high cholesterol.

Fact: High cholesterol usually has no signs or symptoms. You may not know you have unhealthy cholesterol levels until it is too late—when you have a heart attack or stroke. That's why it's so important to get your cholesterol levels checked at least every 5 years.

Myth: I don't need statins or other medicines for my cholesterol. I can manage my cholesterol with diet and exercise.

Fact: Although many people can achieve good cholesterol levels by making healthy food choices and getting enough physical activity, some people may also need medicines called statins to lower their cholesterol levels.

When it comes to cholesterol, remember: check, change and control.

Check your cholesterol levels. It's key to know your numbers and assess your risk.

Change your diet and lifestyle to help improve your levels.

Control your cholesterol, with help from your doctor if needed.

CDC, 01/2021 & American Heart Association, 11/2020

TIPS FROM OUR SHOPPERS

- A shopping cart is indispensable if you're carrying anything heavy or buying larger amounts of groceries. Carts save wear and tear on your back and knees.
- Consider ordering online to save walking and standing on hard floors in the stores. Stores are generally very good about substitutions and will often give you an equal option or upgrade of the same product for free. Some stores deliver for free or we can help with pickup if you qualify.
- Stay ahead of the game! Maintain a list of things you might need and add to it when supplies get low.
- If you have trouble writing a list, make a photocopy of a list of items you frequently purchase. Leave a space to add additional items.

For more information, contact the Errand & Shopping Support Program at 913.684.0777.





PUBLIC HEARING



Public Hearings are a great opportunity to learn about programs and/or give feedback regarding senior services in Leavenworth County. A Public Hearing will be held on September 15th at 1:30 pm at the *Council on Aging* office, 1830 S. Broadway. Anyone requiring accommodations (i.e. qualified interpreter, large print reader, and hearing assistance) in order to attend this meeting, is requested to notify the *Council on Aging* at 913.684.0777 no later than 48 hours prior to the hearing.

MASK UPDATE

Out of an abundance of caution due to the recent increase in positive COVID cases in Leavenworth County and to ensure everyone's safety, the *Council on Aging* has reinstated a mask requirement for participants utilizing the programs and services offered by our agency. We thank you in advance for your understanding.

Some services are funded in part by the Older Americans Act and are provided without discrimination on the basis of race, color, religion, national origins or sex. If you feel that you have been discriminated against, you have the right to file a complaint with the Area Agency on Aging @ 1.888.661.1444

This informational brochure is published by:
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JOKE OF THE MONTH

Do you know why consuming ants is good for your health?

It's because they have anty-bodies!



MEALS ON WHEELS

VOLUNTEERS ARE NEEDED

- * Do you have 1 ½ hours during the week? (late morning)
- * Do you like meeting new people?
- * Do you want to help those in our community?
- * Do you drive?

If you would like to be a Meals on Wheels volunteer, contact Scarlet Ross at the *Council on Aging* by calling 913.684.0786.

All Meals on Wheels volunteers must be able to pass a criminal background check.

SENIOR EXPRESS TRANSPORTATION

We are available to assist with your transportation needs for seniors age 50 and over, as well as persons of any age with disabilities. Services include shopping and business (bank/post office) trips once per week, and hairdresser appointments as well as transportation to medical trips and for work. As always, reservations are required, and taken on a first call, first serve basis, for all trip purposes. A fee is required per trip per person.

Rides are one person per vehicle (unless you require an attendant), and masks will be required for all Senior Express Transportation trips.

For current service status, fees and to schedule your trip, call 913.684.0778. Office Hours: Monday-Friday 7:00 am - 4:00 pm Service Hours: Monday-Friday 8:00 am - 3:00 pm Closed on weekends and most Federal holidays. Handicap Accessible.